



## Knife Skills

**IMPORTANT:** Knowing how to use a knife safely and practice using a knife will;

- Improve your skill.
- Increase your confidence.

The more efficient you become handling knives means you will take less time preparing and it will be lots more FUN!!

Three reasons why it is important to do a knife skills class;

1. Increase your skill and confidence.
2. Safety
3. Learn how to look after a knife properly.

## Rules:

- Only use a knife if you have been asked to or if you have asked permission.
- Always hold a knife by the handle NEVER the blade.
- Never point a knife towards a person.
- Always use a cutting board.
- Make sure you secure the object you are cutting with the opposite hand.
- Form your left hand into a bear's paw. Keep your fingernails out of view; don't forget about your thumb!!
- Use your knuckles as a guide.
- Always cut away from yourself.
- NEVER put a knife into a sink of water.
- Carry a knife with your arm by your side and the blade pointing towards the floor.